

Getting Ready for Your C-Section

Maternity Unit Cheam 4, Abbotsford Regional Hospital

Important

- **1 week before**, a nurse calls you from our Maternity Antepartum and Pre-Admission Clinic to review your health history and make sure you are completely ready for your surgery.
- **72 to 24 hours before** your surgery time, go for bloodwork at the Abbotsford Regional Hospital Laboratory (3rd floor). Open Monday to Friday, 7:00 a.m. to 4:00 p.m. To decrease wait time, book online at labonlinebooking.ca.

COVID-19 testing is subject to change. Check with your surgeon or family doctor.

- **1 day before**, our Operating Room Booking clerk calls to confirm your surgery time. Most surgeries are booked before 10:00 a.m.

C-Section time _____

Check-in time _____

- **8 hours before, no solid food after this time.** You can drink clear fluids like apple juice and water up to 3 hours before your surgery time.

3 hours before surgery, drink 1 ½ cup (350 mL) of clear apple juice.

Please do not drink any other kind of juice. After this, do not drink anything.

Example: If your surgery is at 9:00 a.m.

Do not eat anything after 1:00 a.m.

Do not drink anything after 6:00 a.m.

- **Arrive 2 hours before** your C-Section time.
- Expect to stay in the hospital for 48 to 72 hours after your C-Section.
- **Any questions** about preparing for your C-Section, call the Maternity Antepartum and Outpatient Clinic, 8:30 a.m. to 4:00 p.m., 7 days a week.

604-851-4817

Getting ready for your C-Section

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| <input type="checkbox"/> Let your surgeon know if you have had any recent health changes since your last visit. | <input type="checkbox"/> Buy 4% Chlorhexidine Gluconate sponges (buy 2) or liquid soap (enough for 2 showers) from a drugstore. Ask the pharmacist for surgical soap. |
| <input type="checkbox"/> If you take blood thinners, ask your surgeon about when to take or stop taking these medicines. Blood thinners include ASA and heparin. | <input type="checkbox"/> Buy a small supply of apple juice. |
| <input type="checkbox"/> If you take diabetes medicine, ask your surgeon how to take it before surgery. | <input type="checkbox"/> _____ |
| | <input type="checkbox"/> _____ |

www.fraserhealth.ca

This information does not replace the advice given to you by your healthcare provider.

One (1) week before your surgery

- ☐ Stop taking herbal supplements such as garlic, ginkgo, kava, St. John's Wort, ginseng, don quai, glucosamine.
- ☐ Continue to take your prenatal vitamins and medicines as prescribed.
- ☐ Stop any shaving, waxing, threading, or using any other method of removing hair from the area where you are having surgery.
- ☐ Remove all nail polish from your fingers and toes.

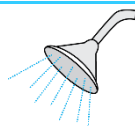
The night before your surgery

- ☐ Remove all:
 - makeup
 - jewellery including face, ears, tongue, or other body piercings
- ☐ **Remember – Do not** eat anything for 8 hours before the C-Section.
- ☐ **Remember -** You can drink **only clear fluids** such as apple juice and water **until 3 hours before** your C-Section.
- ☐ Take a shower.
 - Wash your hair with regular shampoo and your face with mild soap
 - Use the Chlorhexidine Gluconate sponges or liquid soap to clean your body front and back from below the neck to your toes. Rinse well.
- ☐ **Do not** put on any lotion or scented products.
- ☐ Wear clean pyjamas. Sleep in clean sheets.



The morning of your surgery

- ☐ Shower again.
 - Use the Chlorhexidine Gluconate sponges or liquid soap to clean your body front and back from below the neck to your toes. Rinse well.
- ☐ **Do not** put on any lotion, deodorant, or scented products. **Do not** wear any cosmetics.
- ☐ Brush your teeth, tongue, and roof of mouth.
- ☐ Dress in clean comfortable clothes.
- ☐ Wear your glasses, hearing aids, and/or dentures if you have them. No contact lenses.
- ☐ **3 hours before** your surgery, drink 1 ½ cups (350 ml) of apple juice. After this, **do not drink anything**.
 - If you have diabetes, follow any special instructions given to you by your doctor.
- ☐ Take all your regular morning medicines with a **small sip of water** as directed by your surgeon and/or anesthesiologist.



What to bring with you

- ☐ Your BC Services Card
 - ☐ Photo identification
 - ☐ Laboratory identification wristband (if given one)
 - ☐ An infant car seat, baby blanket, and a complete outfit for baby to go home in
 - ☐ Personal belongings such as toiletries, slippers, and loose fitting clothing
 - ☐ Optional: a camera
- Note:** We only allow photos in the operating room. We do not allow video recordings.

Leave jewellery and other valuables at home.

Day of surgery report to:

Maternity Unit Registration
4th Floor Cheam Wing, Abbotsford Regional Hospital
32900 Marshall Road, Abbotsford, B.C.

604-851-4817

[Location and parking information](#)

(tinyurl.com/ARHCCsiteinfo)



[Hospital map](#)

(tinyurl.com/ARHCCsiteinfo)



[Labour and delivery information and online tour](#)

(tinyurl.com/ARHCCmaternity)

